

## Our Team

- ♦ **Bill Dycus**, Ph.D, Administrative Director
- ♦ **Bruce Long**, M.Ed., Educational Specialist
- ♦ **Jedidiah Perdue**, MD, Psychiatrist
- ♦ **Donna Robinson**, RN, M.Ed., Nurse
- ♦ **Kelley Tubbs**, LCSW, Social Worker



## How Do I Get Involved?

If you are interested in finding out more about us or joining the VRC, you can call us directly at **405-456-2862**. Or you can ask your health care or mental health care provider to make a referral.

*The task is not to become normal.  
The task is to take up the journey of  
recovery and to become who you  
are called to be.*

-Patricia E. Deegan

For more information contact:

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405.456.2862

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or visit us on the web at:

[www.oklahoma.va.gov/vrc.asp](http://www.oklahoma.va.gov/vrc.asp)



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DEPARTMENT OF  
VETERANS AFFAIRS

## Veterans Recovery Center

### Partners in Recovery



Oklahoma City

VA Medical Center

921 NE 13th St., Building 3

Oklahoma City, OK 73103

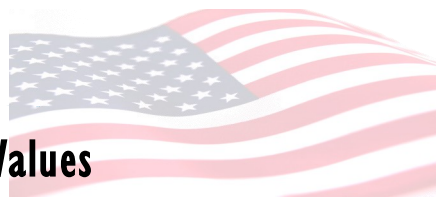
Tel: 405-456-2862

## What is the VRC?

The VRC is a program for Veterans living with mental illness that affects an area of one's life. Several services are available through the Center, including classes, individual therapy, and medication management. Services are tailored to the goals of each Veteran, and participation is completely voluntary.

## Our Mission

To assist Veterans with diagnoses of serious mental illnesses in setting and achieving recovery goals to increase participation in community roles and improve quality of life. We seek to accomplish these goals through the provision of quality education and individualized supports.



## Our Values

**Respect:** to treat you as whole person (not a diagnosis!) who wants more from life.

**Empowerment:** to help you make informed choices so you have all the information you need and to honor your choices.

**Holistic:** to offer services directed towards all aspects of your health, including social, emotional, physical, work, educational, and spiritual well-being.

**Hope:** recovery is possible!

## What is Recovery?

“Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.” (SAMHSA Statement on Mental Health Recovery, 2004).

## The VRC offers “tools” for Veterans

**Skills Training:** How to talk to your doctor, setting future goals, dating again...

**Educational Classes:** How did I get this diagnosis? How do I manage my money?...

**Individual Counseling:** One-on-one time to talk about specific issues...

**Family Services:** Helping your family understand, talking to your children...

**Peer Support:** Veterans doing well in their own recovery being mentors and guides...

